

### Labs, Lectures as Important as Gyms in Physical and Health Education Course



Physical and health education students in the three-year University of Toronto course divide their time among lecture rooms, labs and gymnasias. Esther Dyer practices on rings with Vera Gilchrist (rear) and Ruth Christman.



Men and women taking the course can teach physical education as an additional year at the Ontario College of Education. Testimony before the Royal Commission on Education asked that a university degree in Health Education should be required for all entering the field.



Christ supports Ruth Christman, and Jean Carmichael  
ful swan-dive balance. Lecture (right) absorbs attention  
ggy McVey and Joan MacTavish in front row; Joan  
rton, back row.

'Muscle Mols'  
Label Outlets

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# 'Muscle Molls' Label Outdated For These Girls

By ANITA FREEDMAN

Brawn alone won't get a prospective physical education instructor very far in the three-year course at the School of Physical and Health Education at the University of Toronto where this year 225 young men and women are enrolled compared with last year's enrolment of 97.

A degree of Bachelor of Physical and Health Education (B.P.H.E.) is offered only upon successful completion of such courses as chemistry, zoology, functional anatomy, applied physiology, English, economics, history, psychology, introductory social work as well as physical education itself. In general, health in the positive aspect of how to conserve and improve it is stressed.

A girl therefore needs more to qualify her for admission than the fact that she used to play baseball with the boys on the corner lot. There was a time when young women enrolled in the course were referred to as "muscle molls," but the present course has few if any among its 122 girls who can be singled out in so disrespectful a manner.

A healthy love of sports is, of course, an asset and the physical activities are one thing which made a third-year co-ed declare enthusiastically: "This course is much more fun than any other at the university." To balance hours spent in lecture rooms and labs, instruction is offered girls in archery, badminton, basketball, bowling, field hockey, figure skating, softball, tennis, track and field athletics, volleyball, group games and dancing.

Men get football, soccer, lacrosse, hockey, basketball, track and field, boxing and wrestling. Swimming, diving and life-saving are given along with gymnastics.

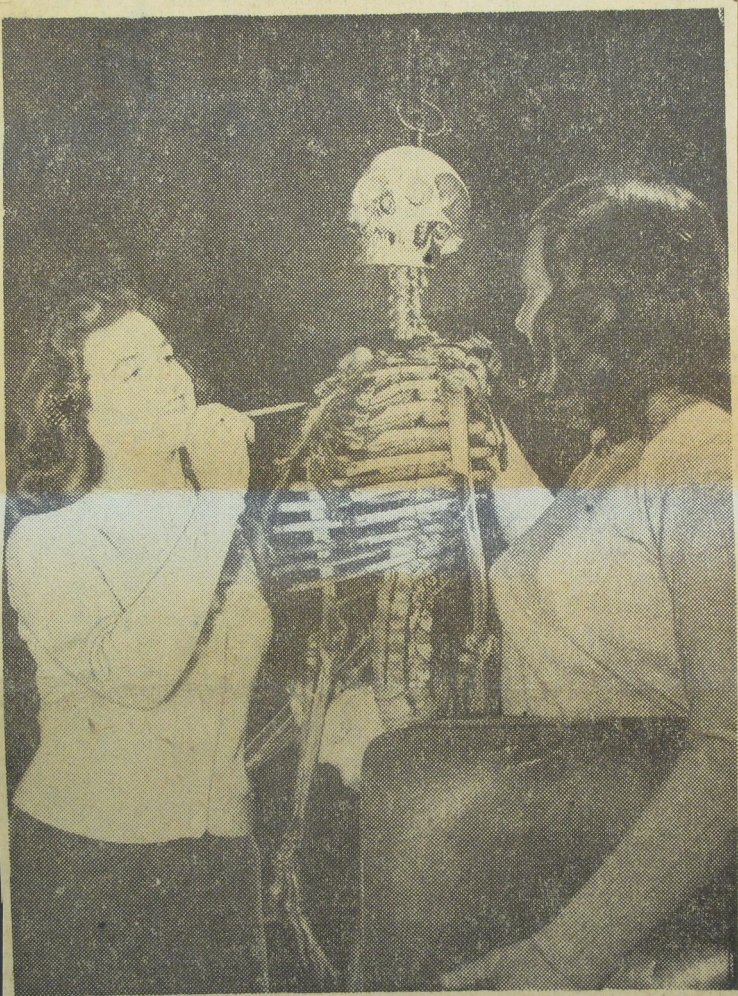
The new theory concerning physical education is a far cry from the old "physical training" which implied a rigid system of drill, bending and stretching exercises. Emphasis has shifted from calisthenics and big muscles to skill and agility.

"The modern conception of physical and health education is to stimulate and assist individuals to recognize, study and solve their own health problems, and to develop worthwhile habits of play and physical activity," Dr. E. S. Ryerson, head of the school, says. "This wider aspect of physical education, with the emphasis on the concept of health as a positive state of well-being, and not as mere freedom from sickness and disease, is now recognized by educators everywhere."

About one-third of this year's graduating class of girls plan to teach physical and health education. For this they will have to take a teacher's course at the Ontario College of Education. Many hope to go to recreational clubs as instructors or to recreation centres which progressive communities are opening all across the country. Industry, summer camps, convalescent hospitals also offer openings.



Create and modern dancing is part of the girls' curriculum. Joan Christie, left, and Joan Smith assume an expressive pose in the Margaret Eaton School dance studio. Boys and girls take lectures together, get physical instruction separately.



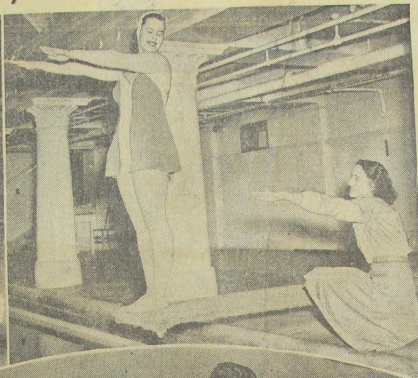
Checking off ribs in an anatomical study of Demetrius, skeleton well known to medical students, are Nancy Warburton and Betty Bramhill. He had correct number,

TORONTO, WEDNESDAY, APRIL 3, 1946

# Co-Eds Fence, Play Robin Hood, Swim, Dance — Choice Is Theirs



WANDA WESTON (past Arts), JUNE ASSELSTINE (engineering), AND PAT WILSON (sociology and philosophy), FIND ARCHERY A HEALTHFUL RELAXATION FROM STUDIES.



MARION FEAR (past Arts), HAS COMPLETED A SUCCESSFUL PASSA DA SOTA. FENCING MASTER IS CHARLES WALTERS.



UPPER PICTURE: ANNE SPENCE, ON DIVING BOARD, IS SHOWN BY INSTRUCTOR WINNIFRED BAXTER HOW HANDS SHOULD BE HELD.  
LOWER PICTURE: RUTH GURLAND (sociology and philosophy) IS THE STANDING EXPONENT OF MODERN DANCING. HER PARTNER IS MARY RITCHIE (also sociology and philosophy).

PACING Sabotini, or maybe champion, Bervaise, declares fencing is a moderate sport requiring at least three years of good hard work. He instructs in the ancient science using three blades prescribed by the Olympic Games—Italian and French. Jols and Testonic assure, correctly, is a real body builder. It

Victoriam Photos

cal and health education: now a degree course with Bachelor of Physical and Health Education.  
Most puzzling to the public, and to be looked upon as silly stuff in modern dancing, which, if performed correctly, is a real body builder. It

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Telegram Photos

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**P**AGING Sabatini, or maybe Dumas, for the lass has run him through! Fencing Master Charles Walters should really lie down dead, not in the muddy gutters of Paris, but on the nice dry floor of Lillian Massey gym.

His pretty opponent, Marion Fear, has just executed a successful Pasada Sota by sneaking under Mr. Walters' guard as he aimed for her jugular and running him neatly between the ribs with her steel foil. That is, she would have shed his blood if the had not been tipped with a "button."

Fear is a freshman at the University of Toronto and is merely with considerable pleasure of her two compulsory education periods of the

co-eds on the campus period of gymnastics these one other period of modern dancing, archery, bowling, tennis, lifesaving, volleyball or ball-

inds, regular co-ed of

champion, Pervaisie, declares fencing is a scientific sport requiring at least three years of good hard work. He instructs in the ancient science using three blades prescribed by the Olympic Games—Italian and French foils and Teutonic sabre, all made of tempered steel.

Before the war foils could be bought at any sporting store for \$3.25, but now cost \$6.90. The University supplies them for the class, along with protective leather gloves and neat little white quilted canvas jackets.

A class calculated to bring out the Robin Hood in anyone is conducted by Miss Florence Somers, one-time principal of Margaret Eaton School and now assistant professor of physical, health and education. As a matter of fact, archery is probably the first sport women dared indulge in. Miss Somers, who first learned archery at Boston University, believes the sport is excellent for posture, strength and fine coordination.

Wansa Weston, June Asselstine and Pal Wilson prove her theory as they draw a mean bow on the big bulls-eye in the old Margaret Eaton School, on Yonge st., now part of the University of Toronto.

Then there is the equatic group, instructed by Winnifred Baxter, star swimmer and outstanding all-round athlete, who graduated in the University's old diploma course in physi-

cal and health education, now a degree course with Bachelor of Physical and Health Education.

Most puzzling to the public, and to be looked upon as sissy stuff in modern dancing, which, if performed correctly is a real body builder. It can be done with or without music. And the muscles of the torso are brought into play. Miss Jean Forster, assistant professor of physical and health education, claims it is one of the best methods of learning to control body movements.

Unlike ballet, there are no traditional steps or positions. Miss Forster believes it has a bigger place in education than ballet because "anyone can get something out of it from the start."

Probably the girls' greatest exercise is taken commuting across the campus from one department to another. Though \$175,000 has been held in trust by the university board of governors for a women's athletic building, to date not a sod has been turned.

Co-eds commute between the campus proper on College st., the Lillian Massey gym on Bloor, and about eight blocks away, the gym on Yonge st. For basketball they use the Ontario College of Education because the Lillian Massey gym floor is not regulation size.

Hart House, the palatial male athletic quarters, is graciously loaned for women's inter-faculty sports.



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